

| Subject | PE | Year Group | 7 | | | | | | | | | | | | | | | |
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| | | Rotation 1 | | | | | | | | | | | | | | | | |
| | | BACHETON | TRAMPOLINE | HANDBALL | Netball | Basketball | Rotation 2 | | HW | Football | Dance | Table Tennis | Rotation 3 | Cricketing | Rugby | Athletics | Rowing | Other |
| Purpose of scheme | <p>Year 7 Purpose Building the Foundation The purpose of the Year 7 curriculum is to establish a solid foundation of physical literacy and a positive "Ready to Learn" mindset across all activities. Students will know the fundamental rules, safety protocols, and core terminology of diverse sports, from the pitch to the studio. They will aim to show consistent technical mechanics in isolated skills and small-sided drills, such as basic handling in Rugby or footwork in Netball. Through this process, we grow their social confidence and sense of sportsmanship. Progress is measured from Foundation to Excelling based on the precision of these core building blocks; a student Excelling in Year 7 demonstrates high-level flair and accuracy in the fundamental "basics" of the activity.</p> | | | | | | | | | | | | | | | | | |
| Knowledge in sequence | <ul style="list-style-type: none"> Know some court markings Know how to perform short backhand serve Know how to perform forehand serve Know how to perform ready position Know how to perform overhead clear Know some basic rules to play angles | <ul style="list-style-type: none"> Shapes and seal handings with heels Highly ability paddle Creating a routine from these movements | <ul style="list-style-type: none"> Know how to pass and receive Know the 3 steps rule Know how to dribble in basketball Know how to perform a standing shot in basketball Know the basic rules of handball to structure a small sided game | <ul style="list-style-type: none"> Know the centre rule (receiving over the hand) Know the forward rule Know how to set (standing over the player) Know what a 2nd serving is in netball Know the courted rule Know how to defend a performer Know who marks who in a game | <ul style="list-style-type: none"> Show how to perform a chest pass/ bounce pass in isolation Show how to dribble the ball effectively using dominant hand in isolation Show how to set shot in isolation Show how to defend in 1 v 1 situation Show how to defend in 2 v 1 situation using skills learnt How the context, double dribble and travelling rules in a game | <ul style="list-style-type: none"> Know how to use the equipment safely Questions of Cardiovascular Exercise Muscular Endurance Muscular Strength "Warrior" Power | <ul style="list-style-type: none"> Know how to do a short pass effectively and when we would use the pass Know how to set (standing over the player) effectively using dominant foot Know how to shoot with accuracy and why we would aim for the corners Know how to back effectively Know how to attack in 2 v 1 attacking | <ul style="list-style-type: none"> Know how to identify beats, counts and rhythms in music Know how to learn and teach taught choreography Know how to create basic choreography Know what breaks are in dance Know what formations are in dance | <ul style="list-style-type: none"> Know why we would serve to different areas on the table Know how to play the forehand backhand shot Know how to play a backhand backspin shot Know how to play the forehand smash about Know different to play angles | <ul style="list-style-type: none"> Know how to orientate a map Know and understand symbols on a map Know how to orientate around a small course | <ul style="list-style-type: none"> Know how to do a sprint start Know how to run a 200m Know what pacing means Know how to play a 200m race Know what is our take off from Know the phases of flight in JUMP Know how to perform an standing throw in SHOT, JUMP | <ul style="list-style-type: none"> Know how to bowl correctly Know the equipment relationship between bowler and batsman Know the rules of playing inside bases and to bow Know how to score Know how to catch or tag a person out Know how to bowl under and overarm Know how to use the long ball or short balling Know correct technique to bat Know how to score points | <ul style="list-style-type: none"> Know how to hold the bat correctly and the correct batting stance Know how to run between the wickets with a partner Know the rules for run outs, bowled and caught in cricket Know how to bowl correctly Know how to use the long barrier when fielding | | | | | |
| Skills (How) | <ul style="list-style-type: none"> Show a good quality serve using correct rules Show the correct to perform a rally with a partner Show you can set the ready position effectively Show a good quality overhead clear shot in isolation Show the knowledge to keep score. | <ul style="list-style-type: none"> Shapes and seal handings with heels (highly ability paddle) Creating a routine from these movements | <ul style="list-style-type: none"> Show what a standing pass/catch is in handball Show how to defend in handball Show how to perform a standing shot in handball Show the basic rules of handball to structure a small sided game | <ul style="list-style-type: none"> Show passes in a practice Show footwork in a drill Show receiving the ball on the nose Show a 2nd serving in a practice Show a 2nd serving in a practice Show how to defend in a 1 v 1 situation Show how to defend in 2 v 1 situation using skills learnt How the context, double dribble and travelling rules in a game | <ul style="list-style-type: none"> Using equipment safely Following a programme Understanding Cardiovascular Training and Muscular Strength/Resistance | <ul style="list-style-type: none"> Short passing effectively Dribbling with dominant foot Defensive strategy Block tackling (1 v 1) or 2 v 1 Attacking strategy 2 v 1 game play to level opponent How a small game | <ul style="list-style-type: none"> Show that you can perform a variety of dance moves in time to the music Show that you can learn basic taught choreography Show that you can create basic choreography including changes in formations and levels. | <ul style="list-style-type: none"> Show a good quality serve using correct rules Show the correct to perform a rally with a partner Show a good quality forehand and backhand push shot in isolation Show a good quality backhand push shot in isolation Show a good quality forehand backspin shot in isolation Show the knowledge to structure a game | <ul style="list-style-type: none"> Show how to follow simple maps Show how to orientate your map around different small courses | <ul style="list-style-type: none"> Show how basic pass is performed Show how to catch or tag a person out Show how to bowl under and overarm Show how to use the long ball or short balling Show how to structure a 2 v 2 tag game | <ul style="list-style-type: none"> Show a sprint start Show running the bend in 200m Show pacing in practice Show a 200m race Show how to take off in JUMP Show the correct technique a short power Show an appropriate warm up for specific athletic events | <ul style="list-style-type: none"> Show that you can bow and catch with some accuracy Show that you can hit the ball when batting Show that you can run between the wickets with a partner Show the correct technique for the long barrier when fielding | | | | | | |
| Keywords | Serve, return, ready position, over head | Control, shot, tuck, shot, tick, twist | Double dribble, travelling, area T | Footwork, defending, dodging, contact, outwit | Contact, throw, Set Shot, defensive position | Cardiovascular Endurance, Muscular Endurance, Muscular Strength, Resistance | Jockeying, block tackle, pass and move, space | Ruler, racket, Mobility, Switching, performance, choreography, levels, formations | Ready position, push shot, top spin | Orienteer, symbols, course | Passing, Handling, play the ball, dodge | Pacing, Reaction time, speed, | Triangle, Bowler, Batsman, Bowler's, Catcher's, Hit Bat | Teamwork, Communication, Resistance, Leadership | | | | |
| End point | Be able to hold a rally with a partner, demonstrating a correct serve to the start the game. | Be able to perform a 5-7 bounce routine including the basic shapes of transposing. | To be able to use the cardiovascular and resistance movements safely and effectively to train different areas of fitness. | Understand basic rules in a half court game showing correct footwork and defending skills. | To know the 3 key rules in basketball and simple skills in isolation | Be able to use equipment safely and train for Cardiovascular, Muscular Endurance and Muscular Strength | To know how to do the basic skills in isolation and how to attack and defend in adapted scenarios. | To be able to learn and start to create a basic dance routine | To know some of the keys rules of table tennis and to be able to play a range of simple table with a partner. | To know how to orientate a map and find your way around various small orientating courses, showing an understanding of the map symbols | To know the key skills in rugby in isolation | To be able to perform a run, throw and jump and understand some of the rules in athletic disciplines | To know some of the keys skills and rules of rounders and play an adapted game. | | | | | |
| Assessment Methods | Pupils are assessed on their knowledge of the skills, rules, tactics in a sport, their ability to show and perform the skills and their ability to grow, this includes team work, leadership and their physical fitness efforts. | | | | | | | | | | | | Pupils are assessed in a run, throw and jump | Pupils are assessed on their knowledge of the skills, rules, tactics in a sport, their ability to show and perform the skills and their ability to grow, this includes team work, leadership and their physical fitness efforts. | | | | |